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CEED'S VISION IS THAT VICTORIANS WILL HAVE ACCESS TO A WORLD CLASS SYSTEM OF CARE FOR THE TREATMENT OF EATING DISORDERS

Theme:
Working with Families

MESSAGE FROM CEED MANAGER

CEED has commenced the year at full pace with many innovative projects and activities developing and continuing. In keeping with this newsletter theme, I wish to highlight four current projects where CEED aims to empower carers. CEED is privileged to have now collaborated with 4 CAMHS/CYMHS and their inspiring client families who work so courageously and intensively in the Multi-Family Therapy (MFT) program. Our aim is to continue the roll out of MFT in Victoria, with the second Eastern CYMHS MFT occurring as I write. The PEACED project is a CEED/Austin Health innovation for carers, with the CEED Carer Consultant and Austin ACED team providing early education and support for newly admitted and diagnosed youth eating disorders and those struggling in recovery. The Feed Your Instinct (FYI) web-based tool for carers continues to be widely and well used as an early information and assistance in management and help seeking.

We are excited to host the The Then, Now and Beyond statewide forum on May 25 which will provide the major avenue for child and youth services and carers to come together to celebrate achievements and innovation, whilst looking to how we can all work together and plan for continuing improvements for child and youth eating disorders.
MULTI-FAMILY THERAPY
IN A RURAL SETTING
by Chantel Neal, Ashlee Lougoon and Vyv Rodnight

Bendigo Health Child and Adolescent Mental Health Service (CAMHS) have enjoyed a long and productive relationship with The Victorian Centre of Excellence in Eating Disorders (CEED). CEED have supported our work by providing training, supervision, secondary consult and carer consult. Bendigo Health CAMHS has a large number of patients with eating disorders (predominantly anorexia nervosa, (AN), so this support has been highly valued by clinicians, carers and consumers.

"It re-energised parents to challenge illness behaviours and thinking and provided families with a genuine sense of hope that recovery is achievable"

The preferred evidence-based treatment for adolescents with AN is Family Based Treatment (FBT), where parents are invited to take responsibility for refeeding their child with support from the treatment team. Families can find the experience of living with an eating disorder and participating in FBT treatment stressful and isolating, and may feel ‘stuck’ with limited or slow progress towards recovery.

In early 2017 CEED proposed running a Multi-Family Therapy (MFT) pilot group in partnership with CAMHS, which would be co-facilitated by CEED and CAMHS clinicians. In October three CAMHS clinicians attended the MFT Training facilitated by CEED and Andrew Wallis from the Eating Disorders Service at Westmead Hospital, Sydney. The training was inspiring to those who attended and provided clinicians with the motivation and skills to implement MFT at Bendigo Health.

An MFT Information Session for families was held at CAMHS the week before the program itself. Clinicians and families were hopeful that MFT could kick-start, accelerate or consolidate young people’s recovery from AN and improve outcomes for families. A “graduate family” from a previous MFT group at Barwon Health attended and provided a snapshot of a family’s experience at MFT. This was very encouraging and inspiring for the seven families that would be attending in Bendigo.
MULTI-FAMILY THERAPY IN A RURAL SETTING (CONT.)

The group was held over four days in November with seven families in attendance from across the Loddon Mallee region which spreads over 45,000 square kilometres. Families used the opportunity to share experiences with other parents, young people and siblings, and develop strategies to take on the challenges associated with refeeding their children. The ‘real time’ meal support during mealtimes seemed especially relevant. Young people with AN were able to help their families better understand their struggles and find support from other young people. The ‘immersive’ experience of the four-day program meant Bendigo CAMHS clinicians gained a deep appreciation of the impact of AN on families, enhancing understanding and empathy for each family’s recovery journey. This fostered a trusting and supportive atmosphere in which parents and young people felt able to respond to the challenges posed by anorexia with support from the clinicians.

The MFT program has been a catalyst for change for a number of families. It re-energised parents to challenge illness behaviours and thinking, and provided families with a genuine sense of hope that recovery is achievable. This has translated into weight gain for a number of young people and moved families closer towards recovery.

Bendigo CAMHS are committed to continue to offer this program to our client group in conjunction with the FBT treatment approach. Our experience has shown that this intensive treatment approach has been of huge benefit to young people and their families in overcoming AN.

CEED RESOURCES FOR FAMILIES IN YOUR SERVICE

CEED knows how vital families are in supporting people with eating disorders. The CEED Carer Consultant Belinda Caldwell is available to provide a carer consultation service where she and a CEED senior clinician attend a single session with families in a service, along with the treating clinicians. The single session is aimed at providing hope, tips, shared experiences and problem solving for families. For more information go to http://bit.ly/2txJo1b

Belinda also plays a key role in development of resources for families. She recently developed Commencing Family Led Refeeding and Recovery for families commencing FBT, which is available at Part 1 http://bit.ly/2oQwjJ and Part 2 http://bit.ly/2oOVWG

In our Resources and Links page on our website, you can also find a range of other resources useful for families.
PEACED PROJECT

by Belinda Caldwell

In November 2017, CEED and the Austin Adolescent and Child Eating Disorder (ACED*) Service commenced a collaborative project called Parental Empowerment in Adolescent and Child Eating Disorders (PEACED). The aim of the project is to determine whether the integration of a Carer Consultant into both the paediatric department (inpatient and outpatient) and mental health department (CAMHS) improves patient outcomes, and helps to support clinicians in optimising care for young patients with an eating disorder.

The aims of the PEACED project are to:
1. Support families/carers commencing family led refeeding and recovery to get a 'head start' on what they need to do to enable recovery when their child returns home.
2. Support families whose child has been readmitted or who are struggling in the outpatient setting to rethink strategies, reframe issues, and to reassess their home set up to better facilitate recovery.

The intended outcomes are:
- Greater percentage of families successfully commencing refeeding, achieve weight restoration and with a greater degree of confidence & self-efficacy.
- Families who are struggling to achieve weight gain and interrupt eating disorder behaviours are able to implement changes which then result in their child’s recovery getting back on track.
- Mental health clinicians are supported to deliver more efficacious family led refeeding and recovery.
- A reduction in utilisation of inpatient beds.
- Inpatient staff are supported in optimising care and support for patients and families.
- Improved patient recovery.

The project is involving weekly "Nourishing Parents" workshops over 4 weeks for carers on commencing family led refeeding, along with one on one carer consultations with families whose young people are inpatient, likely to be inpatient and/or stuck. Ad hoc clinical staff education and interaction has also been occurring.

So far, we have run 2 series of the Nourishing Parents workshops and provided 12 carer consultations.

*Austin ACED team/service is a multidisciplinary psychiatric, paediatric medical and dietetic service for young patients with an eating disorder.
THEN NOW AND BEYOND FORUM

CEED is hosting "Then Now and Beyond", a state-wide Youth Eating Disorders Forum on Friday 25 May, 2018, at the Kensington Town Hall. The forum will be an opportunity to showcase and celebrate the significant progress that has been made in youth eating disorders treatment in Victoria over the last 10 years, and explore how to further progress service responses, with innovation and service improvements.

The Forum will be a fantastic opportunity for you and other clinicians from your team to collaborate and connect with other clinicians from across different sectors, including CAMHS/CYMHS, community providers, carers, consumers, policy makers, and academics.

For further information and to register go to: http://ceed.org.au/training/then-now-and-beyond-responding-child-youth-eating-disorders-forum (We expect the Forum to be popular so we encourage you to book early).

Sessions on the day include:

- Service showcasing: How Victorian CAMHS/CYMHS services have grown and adapted over the last 10 years
- Service Innovations
- Innovations in carer support and upskilling
- Dealing with challenges – Case studies with Q&A
- Learning from research and evaluation

Supported by The Butterfly Foundation, Eating Disorders Families Australia and the Australian and New Zealand Academy of Eating Disorders

Don't miss out!
COMING EVENTS

FAMILY-BASED TREATMENT FOR ADOLESCENTS WITH ANOREXIA NERVOSA

Michelle Roberton and Dr Jess Ryan

Family-Based Treatment (FBT) is recognised as the first line, evidence-based, early intervention model of care for adolescents with anorexia nervosa (AN). This 2 day workshop provides clinicians with the basics in getting started on this treatment model.

Dates: April 19-20 2018
Venue: Hospital Education Centre (HEC) Royal Melbourne Hospital - Royal Park Campus
To register: http://www.trybooking.com/BXKG

DIARY WRITING WORKSHOP

Dr June Alexander

June Alexander’s workshop will use didactic, interactive, and experiential practice, will teach participants how the diary can be integrated into and enhance the effectiveness of eating disorders treatment. Excerpts from June’s book “Using Writing as a Therapy for Eating Disorders – The Diary Healer”, the creative work in her PhD will seed discussion on how writing and other creative tasks can be incorporated into the therapist-patient relationship process and treatment being provided, to promote confidence, trust, and ongoing recovery.

Date: May 11 2018
Venue: Hospital Education Centre (HEC) Royal Melbourne Hospital - Royal Park Campus
To register: http://www.trybooking.com/BXKG

This interactive resource has been devised to help families of 10 – 20 year-olds to assess the early warning signs of eating disorders in their child. Critically, this tool provides an individualised evaluation of the behaviours the family is observing via a step-by-step Q&A format. Once users progress through the Q&A, they finish with a printable PDF report personalised to their child’s experience, which they can take to their local GP for action. The report also provides GPs with best-practice guidelines for further assessment and diagnosis.

To visit Feed Your Instinct go to www.feedyourinstinct.com.au
MEET SOME OF THE TEAM

JESS RYAN
Clinical Psychologist
Jess is a Clinical Psychologist with extensive experience working with people with eating disorders across public and private sectors. Jess has completed additional postgraduate training at The Bouverie Centre (Victoria’s Family Institution) specialising in family therapy. She is passionate about family inclusive practices, believing that directly engaging families is beneficial in the recovery process and fostering greater understanding for those involved. At CEED, Jess works within the youth team, providing clinical consultation and delivering training for health professionals.

MICHELLE ROBERTON
Dietitian
Michelle is an Accredited Practising Dietitian with extensive clinical experience in the mental health sector, working with people with eating disorders in a wide range of public and private sector settings, and treatment modalities. At CEED Michelle has taken a senior clinical role in clinical consultation, the development and delivery of training for health professionals in the eating disorders treatment and recovery and in service development support.

SARAH HABERLE
Clinical Psychologist
Sarah is a registered Clinical Psychologist with experience in both the public and private sectors, predominantly in working with children and adolescents presenting with complex mental health difficulties. Sarah is passionate about setting up strong treatment networks and collaborations throughout the state, with skills in service development and multidisciplinary care and coordination. Outside of CEED, Sarah’s current clinical work is focused on supporting young people with overweight and obesity and she is completing her Masters in Nutrition.

FULL TEAM AT CEED:
Claire Diffey, Manager
Dr Beth Shelton, Senior Clinician, Psychologist
Michelle Roberton, Senior Clinician, Dietitian
Rachel King, Senior Clinician, Occupational Therapist
Dr Emma Spiel, Senior Clinician, Psychologist
Sarah Haberle, Senior Clinician, Psychologist
Alexandra Hillman, Senior Clinician, Occupational Therapist
Jessica Ryan, Senior Clinician, Psychologist
Belinda Caldwell, Carer Consultant
Dr Tina Thomas, Consultant Psychiatrist
Jessica J, Administrative Assistant